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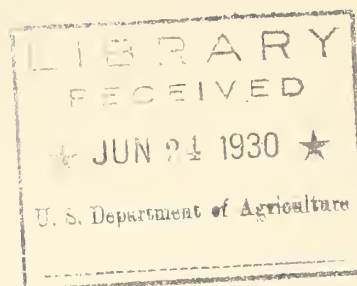
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HOW TO READ MUSTARD LABELS

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All mustard products come from the seed, of which there are three general classes: white mustard seed, black mustard seed, and those intermediate in color, namely yellow to brown and red.

As a condiment it is dependent upon its content of volatile oil or other pungent principle. In the black variety there must be six-tenths of one per cent volatile mustard oil present if it comply with the standard.

Ground mustard seed or mustard meal is the unbolted ground mustard seed and conforms to all standards for mustard seed.

Mustard cake is the ground mustard seed or mustard meal from which a portion of the fixed oil has been removed.

Mustard flour or ground mustard or "mustard" as you generally purchase it, is the powder made from mustard seed after the hulls have largely been removed and with or without the removal of a portion of the fixed oil.

Prepared mustards, such as "Old English Style," "Dutch Style," "French Style," are pastes composed of a mixture of ground mustard seed or mustard flour or mustard cake with salt, a vinegar, spices, and with or without sugar or other condiments. The standard does not permit of the inclusion of added mustard bran or starch or vegetable gums.

Turmeric, a spice, sometimes used in prepared mustards, is generally declared upon the label. While its primary purpose is to impart a yellow shade to the product, it actually does not simulate the pure mustard color.

